

THE INTUITIVE COOK

Elizabeth Yarnell

KEYNOTES • SEMINARS • WORKSHOPS

Effortless Ideas for Healthier Bodies ...Even if You Hate To Cook!

Can Multiple Sclerosis be affected by what we eat?

Healthy bodies need a range of vitamins, minerals, and other nutrients to function properly, and MS patients – like anyone else – can improve their lives by improving their diet. Informative even for those considered to be generally healthy, Elizabeth shares unique tips and techniques that inspire and motivate together with concrete, easy-to-follow guidelines on how to do it. Elizabeth's powerful and effective presentations clearly explain:

- ❖ **5 simple strategies** for everyday healthy eating (so easy to implement you won't even notice you're doing it).
- ❖ How to **use regular food to improve your health**, build cognitive abilities, combat inflammation, avoid issues associated with MS such as osteoporosis, and more.
- ❖ Why eating **certain foods will help you lose weight** without even trying! And more weight loss secrets...
- ❖ **One mistake almost everyone makes** when they think about eating healthier meals (and a surefire technique to avoid it).
- ❖ A **straightforward eating philosophy and easy cooking method** for preparing healthy meals that's so quick and easy you'll swear off take-out and drive-thrus.
- ❖ And more!

"Elizabeth is the most charming and engaging instructor, and her classes and presentations are pure fun while teaching an innovative approach to preparing great, simple meals."

Karen Wenzel, Executive Director, Rocky Mountain MS Center

"Feedback from Elizabeth's program was very good and many people were inspired to continue or begin cooking and eating healthy food."

Melinda Jerger, Program Manager, National MS Society - Colorado Chapter

AUTHOR • SPEAKER • INVENTOR

Book Elizabeth to speak to your MS community of patients and patrons TODAY!

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Elizabeth Yarnell is a Certified Nutritional Consultant, Inventor and Author of *Glorious One-Pot Meals: A new quick & healthy approach to Dutch oven cooking*.

After a bout of optic neuritis led to a diagnosis of Multiple Sclerosis, Elizabeth searched for ways to be proactive about her health. She learned that bodies function best when supplied with a wholesome, balanced diet of healthy foods.

She dedicated herself to studying nutrition and, using a cast iron Dutch oven, invented a new way to think about dinner.

Her unique, patented cooking method allowed her to eat healthier without taxing her limited stamina. Elizabeth's last known MS exacerbation was in 2001, which she credits to her healthy diet.

Glorious One-Pot Meals has been recognized with awards from **National Indie Excellence 2007 Book Awards, Best Books 2006** in the *Diet: Health* and *Cookbooks* categories, the **Colorado Authors' League**, and the **Colorado Independent Publishers Association**.

Elizabeth is currently at work on another lifestyle cookbook. She presents and tours nationally.